



W.V.S.



MIRFIELD

THE
HOUSEWIVES' BOOK
OF
RECIPES & HINTS.

A. CHADWICK, PRINTER, MIRFIELD.

TABLE OF MEASURES.

To obtain the best in cooking always weigh your ingredients carefully, but if no Scales are available the following may be found useful :—

2 level teaspoonsful	—	1 level dessertspoonful
2 level dessertspoonful	—	1 level tablespoonful
4 level teaspoonsful	—	1 level tablespoonful
4 level tablespoonful	—	1 teacupful
1 level tablespoonful	—	1oz.
4 level teaspoonsful	—	1oz.
1 level teacupful	—	$\frac{1}{4}$ lb.
1 level breakfastcupful	—	$\frac{1}{2}$ lb.

Liquid Measures.

1 teacupful	—	$\frac{1}{4}$ pint
1 breakfastcupful	—	$\frac{1}{2}$ pint

A RECIPE FOR WAR-TIME.

(Ingredients Unrationed).

Take equal parts of faith and courage. Mix well with a sense of humour. Sprinkle with a few tears and add a helping of kindness to others. Bake in a good natured oven. Dust with laughter. Scrape away any self-indulgence that is apparent. Serve in generous helpings.

ANON.



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THESE Recipes and Hints have been collected by members of the W.V.S. It is hoped that they may help to solve some of the problems of war-time housekeeping.

The members of the Gift Shop Committee wish to thank all who have contributed in this effort.

C. HARWOOD,

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From
WM. MABANE, Esq., M.P.
 Parliamentary Secretary to the Ministry of Food.

SUPPER DISH.

INGREDIENTS—8 Eggs (reconstituted)

$\frac{3}{4}$ pint Milk (reconstituted)

2ozs. Cheese (grated)

$\frac{1}{4}$ lb Mushrooms

Margarine, Salt, Pepper, Nutmeg, Flour, Four Slices of
 National Bread.

This makes a substantial dish for four people.

- 1 Peel and chop the Mushrooms.
- 2 Make a sauce with the margarine, enough flour for moderate thickening, half-pint of milk, then add the grated cheese, when this is dissolved, add the chopped mushrooms, and salt, pepper, and a pinch of nutmeg to taste.
- 3 Toast the bread, and spread with margarine if sufficient available.
- 4 Scramble the eggs not too firmly.
- 5 Put the four pieces of toast close together on a dish, and cover with the scrambled eggs.
- 6 Pour the thickened sauce over the whole and serve,

FISH DISHES.

FISH CAKES.

$\frac{3}{4}$ lb Cooked Fish	4 Tablespoonsful Milk
4ozs. Mashed Potatoes	Bread Crumbs
$1\frac{1}{2}$ ozs. Margarine	Salt and Pepper
1 Egg	Fat to fry in.

Remove skin and bone from the fish, mix it with the potatoes, butter (melted), salt and pepper, add most of the egg (the remainder use for brushing the cakes over) well beaten; mix all together. Form the mixture into small cakes. Brush the cakes over with egg, toss in crumbs and shape neatly again. Have the fat very hot and fry the cakes a golden brown. Dish in a circle and garnish with parsley.

MRS. G. K. WALKER

A modified recipe to meet War-time needs.

SALMON CUTLETS.

1 small tin salmon (Grade 3), pepper and salt, 1 gill white sauce, dried egg and breadcrumbs, hot fat for frying. Make 1 gill white sauce, drain away all moisture from salmon, remove all skin and bones, then put in pan with white sauce, mix until it leaves pan quite clean, put on a plate to cool, when cool cut into cutlets and brush over with egg and dip in breadcrumbs, fry golden brown and serve with parsley sauce.

MRS. BOOTH, 22, Granny Lane.

TWO WAYS OF USING CHILLED COD.

Butter a pyrex dish and place in 1lb. of Cod, boned and skinned. sprinkle with pepper, pour over white sauce made with 1oz. butter and $\frac{1}{2}$ pint milk and pinch of salt. Grated cheese may be added or chopped parsley and the top decorated with sliced tomatoes. Cook 20 minutes, or cook leeks for about 5 minutes. Add layers of fish and leeks alternately, cover with sauce. Cover with mashed potatoes and cook 20 minutes.

MRS. COLLOMOSSE, 20, St. Paul's Road

SALADS, CHUTNEY.

SUPPER SALAD.

1½lbs. Potatoes	1 Bunch of Carrots
1 Bunch of Watercress	1oz. Cheese

Steam potatoes and chop up roughly. Mix whilst hot with the dressing and pile down the centre of a long entree dish. Sprinkle with grated cheese. Boil carrots, cut into rings and put in two rows down either side of the potatoes. Wash and cut long stalks off watercress and arrange to form two outer rows. Serve very cold.

Dressing.

1 Level Tablespoon Flour	½ Pint Milk and Water
A Nut of Margarine	½ Teaspoon Made Mustard
½ Level Tablespoon Soya-bean Flour	2 Tablespoons Vinegar
	Chopped Mint or Parsley
	Salt and Pepper

Melt margarine and add Soya-bean flour and flour. Cook for a minute or two. Add milk and water and boil without stirring. Whisk well and add seasonings and mustard. Take off the heat, whisk in the vinegar and add the chopped mint.

MRS. HARWOOD.

TWO-MINUTE CHUTNEY.

For made in a minute chutney, mix into a tablespoonful of plum or gooseberry jam. One teaspoonful of Worcester sauce. Very delicious with cold meat and potatoes baked in their jackets.

MRS. MOORHOUSE, 28, Granny Lane.

GREEN TOMATO CHUTNEY.

4lbs. Green Tomatoes	1oz. Salt
1½lbs. Onions	½lb. Sultanas
1½ Apples	¾lbs. Sugar, Peppercorns to taste

Slice apples, tomatoes and onions, and boil with other ingredients in 1½ pints vinegar for 4 hours.

ANON.

SWEET PUDDINGS.

SUET PUDDING.

1 Cupful Bread Crumbs	2 Tablespoons Sugar
$\frac{1}{2}$ Cup Suet	2 Tablespoons Raisins
2 Tablespoons Flour	1 Tablespoon Jam
$\frac{1}{2}$ Teaspoon Carb. Soda	

Mix with milk or water. Steam 2 hours.

MRS. WM. CLARKSON, Hopton

GROUND RICE FILLING.

2ozs. Ground Rice	1 $\frac{1}{2}$ ozs. Margarine
2ozs. Sugar	1 Egg
Pinch of Flour	

Beat egg and sugar ten minutes, add ground rice and flour, add butter last.

MRS. CLARKSON, Hopton Lane

GRETNNA PUDDING.

4 ozs. of Suet	1 Egg
3 ozs. of Sugar	1 Tablespoon of Jam
4 ozs. of Breadcrumbs	$\frac{1}{2}$ Teaspoon of Bic-soda

METHOD—Mix dry ingredfents, add jam and beaten egg. Steam 2 to 3 hours.

MRS. J. BARRACLOUGH.

AN EASY SWEET.

A light but very delicious pudding can be made from slices of bread and margarine, covered with custard and baked. When you have some to spare, add a few sultanas, or small pieces of dates, figs or prunes. Stale cake can be used in the same way.

MRS. MOORHOUSE, 28, Granny Lane,

APPLE and BLACKBERRY ROLY.

Cooking time 30 minutes.

Quantity four helpings

Potato Pastry—

4ozs. Mashed Cooked Potatoes

4ozs. Plain Flour

$\frac{1}{2}$ Teaspoonful of Salt

2ozs. Cooking Fat

2 Teaspoonsful Baking Powder

Filling—1lb. Cooking Apples $\frac{1}{4}$ lb. Blackberries, 2oz. Sugar

METHOD—Mix flour, baking powder, salt. Rub fat into flour. Add potatoes, preferably cold and rub in lightly. Mix to a very dry dough with cold water, knead well. Roll out into an oblong shape. Peel, core and chop apples, wash blackberries. Spread apples and blackberries on the pastry, sprinkle with sugar and roll up, seal ends of roll, place on a well-greased tin, and bake in a moderate oven for 30 minutes. MRS. LAND, 18, Steanard Lane

IMITATION SUET PUDDINGS.

8 oz. Self-raising Flour

4 ozs. of Raw Potatoes (peeled)

$\frac{1}{8}$ Teaspoonful of Salt

Cold Water to mix

Put the flour and salt in a basin. Grate the potatoes, mix them with the flour and add water to form a soft dough. Put at once into a greased basin, put a piece of greased paper over the top, and steam for two hours. Serve with treacle or jam. This paste may be used for meat or fruit puddings. It is an excellent substitute for ordinary suet crust. A FRIEND.

A CREAMY RICE PUDDING.

Take one tablespoonful of Rice, cover with water and let swell a little, then add one tablespoonful of Breakfast Oats, Sugar to taste, fill up with Milk (either dried or fresh), grate a little Suet on top, and cook slowly. EDITH LISTER, Fern Hill, Battysford

COTSWOLD PUDDING.

4 ozs. Self-raising Flour

1 Dried Egg

2 ozs. Suet

1 Tablespoonful of Sugar

1 Tablespoonful Custard Powder

Pinch of Salt

Pour into a well greased basin into which 2 tablespoonsful of syrup have been poured and steam for 2 hours.

MRS. W. G. Unsworth, "Stoneycroft"

SCONES.

CHEESE SCONES.

INGREDIENTS—

8oz. Self-Raising Flour	4oz. Grated Cheese
2oz. Lard	Pepper and Salt to taste
2oz. Margarine	Small quantity of Milk to mix

Rub the lard and margarine into the flour, add grated cheese, and pepper and salt, mix to a stiff dough with milk. Roll out to the required thickness and cut into rounds, baking same in a hot oven until golden brown on both sides. Warm before serving. The above quantities will make approximately 20 scones.

MRS. ATKINSON, 6, Gregory Springs Road

SAVOURY POTATO SCONES.

An economical dish using up left over Potatoes or Meat.

Take some mashed potatoes and with a little flour form into scones. Mince some cold meat and spread fairly dry over one-half of a scone: turn the other on top and fry in boiling fat.

MRS. LUMB, 26, Granny Lane

SCONES.

3 Cups of Flour or 9 ounces	$\frac{1}{2}$ Teaspoon of Bicarbonate of Soda
$\frac{1}{2}$ Cup of Sugar or 3 ounces	1 Teaspoon of Cream of Tartar
$\frac{1}{4}$ lb. of Margarine	3 Teaspoons of Baking Powder
A few Currants or Raisins or Chopped Prunes or Dates	
1 Egg	

A little Milk to mix all ingredients to a stiff dough. Roll out into 4 rounds, cut in 4. Leave a little egg to brush over scones before putting in oven. This makes 16 scones.

MRS. A. E. JACKSON, 40, Granny Lane

POTATO SCONES.

$\frac{1}{2}$ lb. Cooked Mashed Potatoes	$\frac{1}{2}$ Teaspoon Carbonate Soda
1 oz. Margarine	$\frac{1}{2}$ Teaspoon Cream of Tartar
2 ozs. Flour	1 Dessertspoon Warm Milk
Pinch of Salt	

Mix potatoes with milk, add warmed butter, then flour, salt, soda, cream of tartar. Form into stiff dough, roll out and cut in rings. Bake in hot oven and serve hot. Can also be baked on hot plate.

BROWN SCONES.

$\frac{1}{2}$ lb. Brown Flour	$\frac{1}{2}$ oz. Sugar
1 oz. Fat	3 Teaspoonfuls Baking Powder
$\frac{1}{2}$ Teaspoonful Salt	$\frac{1}{4}$ pt. Milk and Water

Bake in a hot oven for 15 minutes.

MRS. S. C. KAY, 23, King Street

SCONES.

2 oz. Margarine	1 oz. Raisins
2 oz. Sugar	8 oz. Self-raising Flour
1 Egg	Milk to mix

Put flour in basin, rub in the margarine, beat the egg, then add it to the flour with the sugar and raisins, mix with a little milk to a stiff dough. Roll out $\frac{1}{4}$ inch thick on a floured board, place on baking sheet, cut into 8 portions. Bake for 15 minutes.

A. JAMES, King Street.

CAKES.

JOLLY CAKES.

2 Tablespoonsful Flour 1 Teaspoonful Baking Powder
A little Salt

Mix the above ingredients to a stiff batter with a little milk and cook by dropping dessertspoonsful of the mixture into the boiling fat of bacon. Fried in boiling lard and served with jam, they also make an agreeable change for the pudding course.

E.G., 12, King Street

OATMEAL SHORTCAKE.

3 oz. Oatmeal (fine or medium) 1 Tablespoon Syrup or Honey
3 oz. Plain Flour 2 oz. Fat
1-2 oz. Cocoa

Melt fat and honey together in a saucepan and add dry ingredients. Mix well together and mould into a greased sandwich tin. Mark the edges with a fork, prick well and bake at 400 degrees for 20 minutes. Cut into segments but allow to cool before removing from the tin as this short-cake is very brittle when hot.

ANON.

SCOTCH CAKE.

6oz. of Flour 4oz. of Butter (or Margarine)
2oz. of Sugar

Beat butter and sugar to a cream, add flour; bake in a moderate oven 30 minutes.

H. GOTHWAITE, 12, King Street

CUP OF TEA CAKE.

$\frac{1}{2}$ lb. Mixed Fruit $\frac{1}{4}$ lb. Margarine
 $\frac{1}{2}$ lb. Flour 1 Teaspoon Baking Powder
 $\frac{1}{4}$ lb. Sugar $\frac{1}{2}$ Teaspoon Bicarbonate Soda
1 Cup of Tea

Put fruit, margarine, and tea in small pan, bring to boil. When cool, mix with dry ingredients. Bake $1\frac{1}{2}$ hours slowly.

MRS. HOLT

ORANGE CAKE.

2 Eggs	6ozs. Flour
5ozs. Butter	1 Pinch Salt
5ozs. Sugar	1 Orange
1 Small Sp. Baking Powder and a little Milk	

METHOD—Cream together the juice of the orange, eggs, butter, sugar. Add remainder and bake in a moderate oven. This cake is more delicious if iced with orange icing made by the juice of another orange and icing sugar.

MRS. HARWOOD, Savile Town

CHOCOLATE SANDWICH.

4 ozs. Self-raising Flour	1 oz. Cocoa
4 ozs. Sugar	1 Egg or Dried Egg
2 ozs. Margarine	3 Tablespoons Milk
1 Eggecup Boiling Water	

Beat sugar and margarine together, gradually add flour, cocoa, well beaten egg and milk, and last of all boiling water. Bake in moderate oven for 45 minutes. Regulo mark 4. Decorate with 1 bar melted chocolate and a little margarine.

MRS. F. A. BROWN

PARKIN.

10ozs. Flour	1 Teaspoonful Ground Ginger
5ozs. Oatmeal	1 Teaspoonful All-Spice
4ozs. Syrup	1 Teaspoonful Carbonate Soda
3ozs. Butter	2 Teaspoonsful Baking Powder
3ozs. Lard	2 Eggs
4ozs. Sugar	$\frac{1}{2}$ Tea Cupful Milk

Melt butter, beat sugar and eggs together, add other ingredients. Cook in a slow oven.

MRS. W. JACKSON, Gregory Springs Road

RAISIN CAKE.

1 Cup Flour	2ozs. Butter and Lard mixed
$\frac{1}{2}$ Cup Sugar	1 Tablespoon Dried Egg
2 Teaspoons Baking Powder	

Cream butter and Sugar together, add egg well mixed. then flour and fruit that can be spared, mix with household milk.

MRS. NEWSOME, Gregory Springs Road

CHERRIE CAKE.

$\frac{1}{2}$ lb. Self-raising Flour	2 ozs. Lard
5 ozs. Sugar	1 Egg
2 ozs. Margarine	2 Tablespoonsful Milk
$\frac{1}{4}$ lb. Cherries	

METHOD — Beat sugar and butter then add eggs and beat 5 minutes, add flour stir in lightly, add cherries cut in half and lastly add milk.

MRS. A. E. BROOK, Aysgarth, Gregory Springs Road.

DATE LOAF.

1lb. Wheatmeal	1 Egg
8ozs. Sugar	Pinch of Salt
2ozs. Butter	1 Teaspoon Bi-Carbonate Soda
1lb. Dates	1 $\frac{1}{2}$ Cups Boiling Water

Rub butter in flour, add all other ingredients, then add *boiling* water, mix well. Bake 2 hours.

MRS. RHODES, 5, Gregory Springs Road

CHOCOLATE SANDWICH.

No Fat is required.

6ozs. Plain Flour	1oz. Baking Powder
2ozs. Sugar	1 Tablespoon Dried Egg
1 Tablespoon Cocoa Powder	Pinch Salt

Mix all dry ingredients first, then mix to a thick batter with **sour** milk. Bake about 20 minutes in hot oven.

MRS. C. BUTLER, 7, Gregory Springs Lane

MERINGUE TART.

INGREDIENTS.

Short Pastry—Jam	6 ozs. Self-raising Flour
2 Eggs	2 oz. Lard
$\frac{1}{2}$ lb. Sugar	2 oz. Margarine

METHOD—Line a sandwich tin with pastry. Spread jam in bottom. Cream fats and 3 ozs. sugar adding yolks of eggs only. Then flour lightly. Fill in the tin and bake in moderate oven for 7 minutes. While this is baking whip up the whites of eggs very stiff and lightly mix in rest of sugar. Spread on the tart (or pipe on). Decorate with anything fancied and stand in a warm oven with the gas turned off to dry. Serve hot or cold.

MRS. A. E. BROOK, Aysgarth, Gregory Springs Road.

DRIPPING CAKE.

9ozs. S.R. Flour	4ozs. Each of Raisins & Sultanas
	Pinch Salt
4ozs. Dripping	$\frac{1}{2}$ Teaspoon Mix Col. Spice
6ozs. Sugar	Drop of Lemon Essence
2 Eggs and Little Milk	1 Tablespoon Coffee Essence

METHOD—Sieve flour, spices and salt and add sugar. Put in the dripping and rub it between the fingers until as fine as breadcrumbs. Add well beaten eggs, coffee and lemon essence. Mix well together and add fruit last of all. Turn mixture into greased and lined cake tin and bake in moderate oven for $1\frac{1}{2}$ hours lowering heat a little after just $\frac{1}{2}$ hour.

MRS. R. ELLAM, 5, Gregory Springs Lane.

FRUIT CAKE.

1 Gill Water	1 Teaspoonful Ground Ginger
Sugar	1 Pinch Salt
Mixed Fruit and Peel	1 Teaspoonful Carb. of Soda
$\frac{3}{4}$ Gill margerine	2 Gills Self-raising Flour

Put everything in pan except flour and soda, and bring to a boil. When cool add flour and mix carb. of soda with milk and add to mixture.

MRS. H. NORTH, "Hillcrest"

CAKE (War-time).

7 ozs. Flour	2 Dried Eggs
4 ozs. Fruit	1 Dessert-spoon Baking Powder
5 ozs. Sugar	Pinch of Salt
4 ozs. Fat	Little Milk

Cream to mix; bake about 1 hour moderate oven.

MRS. KING, 15, King Street.

APPLE SHORTBREAD.

Stewed Apples	3 ozs. Margarine
4 ozs. Self-raising Flour	1 Tablespoonful Sugar

Three-quarters fill a medium sized pie dish with the stewed apples. Rub the margarine into the flour, add sugar and sprinkle evenly over the apples. Bake in a moderate oven until golden brown. Service with custard.

A. JAMES, King Street.

DATE and WALNUT CAKE.

6 ozs. Flour (Self-raising)	$\frac{1}{2}$ Teaspoon Carb. of Soda
4 ozs. Sugar	1 Egg
4 ozs. Butter	$\frac{1}{2}$ Cup of Milk
1 Teaspoonful Baking Powder	4 ozs. Dates (chopped)
2 ozs. Walnuts (ground)	

Beat butter and sugar to a cream, add egg, milk and all other ingredients. Moderate oven.

MRS. L. NELLIS

WAR-TIME CAKE.

4 ozs. Lard and Margarine	$\frac{1}{2}$ lb. of Currants or Raisins
11 ozs. of Sugar	1 Teaspoonful Bicarbonate Soda
1 lb. of Flour	2 Teaspoonsful Baking Powder
1 oz. of Yeast in 1 gill of warm Milk	2 Eggs

Allow to rise in cake tins 1 hour. Bake $1\frac{1}{2}$ hours.

MRS. J. W. ROOKS, Hopton Lane.

CARROT GINGERBREAD.

$\frac{1}{2}$ lb. Flour	1 lb. Grated Carrot
1 oz. Sugar	2 Tablespoons Syrup
1 Teaspoon Baking Soda	1 Teaspoon Ground Ginger
2 Teaspoons Mixed Spice	4 ozs. Fat

METHOD—Sift flour, soda and spices into a basin. Add carrot. Put syrup, fat and sugar into a pan, heat until sugar is melted. Pour over dry ingredients and mix well. Add a little milk if too dry. Put in a baking tin and bake one hour in a moderate oven.

D. M. BROOKE.

BUNS.

DATE SQUARES.

6 ozs. Rolled Oats

4 ozs. Sugar

8 ozs. Flour

4 ozs. Fats (Butter, Margarine
or Lard)

Mix all dry ingredients, rub in fat. Put half of this dry mixture into a flat tin and press firmly. Then add the date filling and cover with the rest of dry mixture and press well again.

FILLING—1 lb. Stoned Dates

A little Sugar

1 Teaspoon Vanilla Essence

Add very little water and bring to boil. This should be moist enough to spread easily, and the dry mixture will adhere to it.

MRS. COLLOMOSSE, 20, St. Pauls Road.

HOT CROSS BUNS.

1 lb. Flour

2 oz. Sugar

1 oz. Yeast

3 oz. Fruit

1 Egg

 $\frac{1}{2}$ Nutmeg

2 oz. Lard or Margarine

 $\frac{1}{4}$ Teaspoonful Salt1 $\frac{1}{2}$ gills of Milk to mixLeave to rise 1 $\frac{1}{2}$ hours.

CHOCOLATE ROCKIES.

4 ozs. Bar of Chocolate

1 oz. Raisins

3 ozs. Biscuits

1 oz. Margarine

Put margarine and grated chocolate into a basin standing in hot water. Blend together with a spoon or fork. Then add raisins and biscuits broken into coarse crumbs. Mix all together. Put small spoonfuls on a sheet of greaseproof paper or tin and leave to harden. Makes about 2 $\frac{1}{2}$ dozen Rockies.

MRS. M. HOLMES, 28, Gregory Springs Lane.

FAIRY BUNS.

2 ozs. Margarine	2 Dessertspoonfuls Milk
4 ozs. Flour	A Grating of Nutmeg
3 ozs. Castor Sugar	1 Egg or Dried Egg
1 Teaspoon Baking Powder	

METHOD—Beat sugar and fat to a cream, add the egg, stirring in quickly and beating well. Stir in the flour and baking powder and mix all together, adding milk and nutmeg. Sufficient for fifteen small buns. L. TURNER, Hopton Lane.

ALMOND SLICES.

PASTRY—Jam	2 Tablespoons Syrup
$\frac{1}{2}$ lb. Quaker Oates	1 Tablespoon Flour
4 ozs. Margarine	1 Teaspoon Baking Powder
2 ozs. Sugar	Almond Flavouring to taste

Mix margarine and sugar to a cream. Add syrup (warmed), flour and Baking Powder; lastly oats and flavouring. Roll pastry out size of tin and put a thin layer of jam over it, then cover with the mixture. Turn edges of pastry over and bake in oven till golden brown. When cold cut into slices.

MRS. BREARLEY, 9, Chapel Street.

BISCUITS.

GINGER BISCUITS—War Time.

$\frac{1}{2}$ lb. Flour	2ozs. Treacle
3ozs. Fat	1 Teaspoonful Ginger
2ozs. Sugar	$\frac{1}{2}$ Teaspoonful Baking Powder
$\frac{1}{2}$ Teaspoonful Carbonate Soda mix in a little Milk	
	MRS. KING, King Street

OATMEAL BISCUITS.

6 Tablespoons Flour	3oz. Fat	
5 Tablespoon Oatmeal	1 Teaspoon Baking Powder	
3ok. Sugar	1 Egg	ANON

GINGER SNAPS.

6ozs. Flour	2 Tablespoonsful Honey or
2oz. Butter	$1\frac{1}{2}$ Tablespoonsful Golden Syrup
2ozs. Castor Sugar	1 Teaspoonful of Ground Ginger
1 Teaspoonful of Carbonate of Soda	Pinch of Salt

METHGD—Cream butter and sugar, warm syrup, make into a stiff dough. Dissolve bi-carbonate in a dessertspoonful of hot water. Pull off pieces of dough size of a walnut. Bake in a moderate oven for 15 minutes. E. SCHOLEFIELD, Gregory Springs, Road

GINGER BISCUITS.

1lb. Flour	2 Teaspoons Ginger
$\frac{1}{2}$ lb. Margarine	2 Teaspoons Bicarb. Soda
6ozs. Sugar	1 Teaspoon Baking Powder
$\frac{1}{2}$ lb. Treacle	Pinch Salt

Boil margarine, sugar, treacle together in a pan, pour into flour and the other ingredients. Mix altogether. Mix the bi-carb. in a little milk before mixing into the flour. Roll into balls with the palm of the hand and place on a greased tin and bake quickly. Half quantities can make about 25 biscuits.

MRS. GEO. R. CASTLE, Gregory Springs Road

HOUSEHOLD HINTS.

TO USE LESS SUGAR WITH RHUBARB.

When cooking rhubarb it is helpful to know that less sugar will be required if first of all you put your rhubarb in a jug and cover with boiling water. Allow it to stand for 20 minutes in a warm place and then throw the water away. After this you can cook the rhubarb in the usual way and you will find that the extreme tartness has been taken away.

Mrs. BLAMIRE, Bradley Lodge

When stewing rhubarb, add a good pinch of salt, when less sugar will be required.

Mrs. ATKINSON, 6, Gregory Springs Road

DIRTY FURNITURE.

Housewives, who have had to return to homes after many months of absence, have found their furniture very dirty and neglected-looking. They are anxious to know of a good way of cleaning and polishing the wood. The usual methods are not successful and something more like washing is needed.

Yes, the dirt on the surface of the wood must be removed before they really begin polishing. So take half a pint of lukewarm water and stir into this two tablespoonfuls of vinegar. Then damp a duster—an old worn-out rayon stocking is excellent for this purpose—with the mixture and rub the furniture all over. When the wood is dry again it can be polished in the usual way and a fine glow will result.

Mrs. R. MARTINDALE, Boat House Lane

CLOTHES RATIONING HINT.

Here is an idea to freshen dark coloured frocks and coats.

Mix together one tablespoon ammonia with $\frac{1}{2}$ pint lukewarm water. Shake and brush thoroughly the garment to be cleaned, then with a pad of the same material or an old dark sock rub the ammonia water over shiny, greasy soiled parts. Rinse with some clean ammonia and water. Finally press on the wrong side over a fine damp cloth.

ANON.

SOFT SOAP FOR BLEACHING WHITE CLOTHES.

$\frac{1}{2}$ lb. Soap

1 oz. Borax

2 qts. Cold Water

Shred the soap, put into a pan with the water and borax. Bring to boil and boil for 5 minutes. Pour into jars to set. Put a little into the water in which the clothes or handkerchiefs are to be boiled.

Mrs. GEO. R. CASTLE, Gregory Springs Road

FUEL HINT.

If you are the fortunate possessor of a thermos flask stand it by your cooker. Pour into it any surplus boiling water from your kettle for use when required, perhaps to fill your hot water bottle.

In the same way save any coffee or tea left over for use later in the day.

ANON.

TO PREVENT WOOLLEN SOCKS FROM SHRINKING.

Cut 2 pieces of Cardboard the size of the Socks when new. After washing the socks, stretch on the cardboard to dry. Particularly useful for children's socks.

Mrs. M. HOLMES, 28, Gregory Springs Lane

TO KEEP CHEESE FRESH.

The mildew which often forms on cheese can be avoided if a lump of sugar is kept in the cheese dish.

S. A. CLARKSON

BURNT SAUCEPANS.

Cleaning materials for saucepans are not so easy to get nowadays, and probably that is why we have had so many requests for help in cleaning burnt saucepans. Well, here is one idea at least:

Fill the burnt pan with salt water and leave it for twenty-four hours. Afterwards wash in the usual way and you will find it much easier to remove the dirt.

Mrs. R. MARTINDALE, Boat House Lane.

BENT KNITTING NEEDLES.

Knitting Needles made of Celluloid or Composition frequently get bent after they have been in use for some time. It is quite easy to straighten them again. Pour very hot water over them and straighten with the fingers while still warm then plunge them into cold water to harden them again.

A FRIEND

When whitening a ceiling which is damp, to prevent peeling, add a little milk to the whitening when mixing.

MRS. WM. CLARKSON, Hopton Lane

Open the oven door for a minute soon after the gas has been lit and you will find that the oven will get hot much quicker, By doing so you let out the moisture that always collects when the oven is not in use.

Miss TAYLOR, 11, King Street.

TEA ECONOMY.

Tea goes much further and is also improved in flavour if it is spread out on a sheet of clean paper, placed in a warm oven for ten or fifteen minutes, then allowed to cool before replacing in tea-caddy.

Mrs. E. S. WALKER, Grey Gables

MISCELLANEOUS.

CHEESE DREAMS.

Take two thinly cut slices of bread and margarine, and then sprinkle a few crumbs of cheese over one slice and then put the other slice on top, press together, cut in four parts, have ready a pan with hot fat and fry golden brown.

Mrs. BOOTH, 22, Granny Lane.

TOASTED CHEESE.

Grate a little cheese, moisten with milk add salt, pepper and mustard. Toast one side of a piece of bread, butter the non-toasted side and spread the mixture evenly. Finish off under the grill. A delightful quick easy supper dish for one or two persons.

Mrs. E. E. R. KILNER, Bradley Lodge.

CHEESE HOT-POT.

1lb. Potatoes

$\frac{1}{2}$ lb. Onions

$\frac{1}{2}$ lb. Cheese

Cold Water, Salt and Pepper

Scrub the potatoes and slice fairly thinly. Scrub the onions and grate the cheese. Arrange in layers in a hot pot or strong saucepan, season well and cover two-thirds water. Bring to the boil and simmer gently for one-and-a-half hours.

M. PROCTOR, 9 Shaw Street

TOMATO CHEESE.

$\frac{1}{2}$ lb. Tomatoes

Bread Crumbs

A little Grated Onion

Salt and Pepper

$\frac{1}{4}$ lb. Cheese

1 oz. Butter

Scald and skin tomatoes, slice into a pan, add onion and butter. Cook for ten minutes (till tomatoes quite soft). Then add grated cheese. Stir for 1 minute (till dissolved), then take pan off fire and add sufficient bread crumbs to thicken (not too stiff). Season rather highly. Then pot.

ANON.

JAM FRITTERS.

Take a thin slice of bread and spread a little jam, cut in half and make a sandwich, dip in batter made in the usual way, get some fat, let it boil, then fry until brown. It is delicious with custard.

Mrs. G. CRAWSHAW, 3, Gregory Springs Road

FRITTERS.

2 Tablespoonfuls Sugar

2 Tablespoonfuls Dried Milk

4 Tablespoonfuls Flour

1 Pinch Salt

1 Tablespoonful Dried Egg

Walnut size of Yeast

Currants or raisins, one handful

Mix all dry ingredients well together, cream yeast in luke warm water, pour into centre of mixture, using enough cold water to make a rather stiffer mixture than Yorkshire pudding. Leave to stand for 1 or 2 hours before using. Fry in tablespoonful in fat in frying-pan.

Mrs. EXLEY, 2, Gregory Springs Road

CUTLETS *à la* CASSEROLE.

2 Mutton Chops

2 Carrots

1 Onion or Leek

Dripping

Fry the chops for about 20 minutes and place them in the casserole keeping warm, then fry the onion golden brown. Slice or dice the carrots. Place all in the casserole filling up with stock (if you have it) or water and cook in the oven for an hour and a half. Thicken the gravy half an hour before serving.

Mrs. E. BENSON, 32, Granny Lane.

POTATO PASTRY.

$\frac{1}{2}$ lb. Self-Raising Flour

$\frac{1}{2}$ lb. Dry Smoothly Mashed Potatoes (preferably hot)

$\frac{1}{2}$ Teaspoon Salt

2ozs. Fat.

Sift together flour and salt, rub in fat, work in potatoes, add very little water to make a dry stiff dough. Knead, roll out to required thickness.

Mrs. MOORHOUSE, 28, Granny Lane

FILLED POTATO FLAN.

8 Medium sized Potatoes (steamed and mashed while hot)
 $\frac{1}{2}$ Egg (reconstituted) if desired Seasoning
 1oz. Margarine A little Milk if mixture is very dry.

Mix well together potatoes, margarine, egg and milk if necessary. Grease a sandwich tin (if possible with removable base) and line with breadcrumbs. Press the mixture in the bottom of the tin, and line it evenly all round the sides. Trim the edge. Bake in a sharp oven for 20 minutes. Turn out carefully, first allowing it to shrink a little, and fill up with the fish mixture.

FILLING—1oz. Margarine 1oz. Flour
 1 gill Milk 1 gill Fish water
 Seasoning $\frac{1}{2}$ pint White Sauce

Left over Fish *e.g.* Cod, Saithe, Ling or Rock Salmon

Make sauce by melting fat, adding flour and blending well. Remove from heat and gradually add liquid. Return to heat, stir until boiling, boil until of fairly thick consistency. Season. Add flaked fish to this and when potato case is cooked fill it with this mixture. N.B. The filling may be varied by using a thick cheese sauce, or minced meat instead of fish. Mrs. HARWOOD

FRUIT FLAN

POTATO PASTRY—2oz. Flour 1oz. Fat
 2oz. Mashed Potatoes Pinch of Salt

Cream together mashed potato and fat. Work in flour and salt—no water should be required. Consistency should be stiff. Roll out pastry and line a flan ring with it. Put greased paper inside *e.g.* wrapping from margarine and weight. Bake in oven at 425° for 20 minutes. Remove the weight and place on a cooling tray.

FILLING—1lb. Apples or Pears (peeled and sliced)
 1 gill Water 1 Teaspoon Cornflour
 Cochineal Sugar to taste

Gently cook the fruit in the water to which sugar has been added. When tender arrange slices in the flan case. Blend the cornflour with the fruit syrup, add a little cochineal to colour slightly pink, and bring to boil. Stir well, until sauce coats back of wooden spoon. Pour over the fruit. Mrs. HARWOOD

SCALLOPED POTATOES.

1 lb. Potatoes
 $\frac{1}{2}$ oz. Flour
 Grated Cheese

1 oz. Margarine
 2 Tablespoons Chopped Onion
 Salt and Pepper

Peel potatoes and slice very thinly. Place in a greased pie dish. Sprinkle with seasoning and onion and a little flour. Repeat this until the dish is full, sprinkling grated cheese on top. Pour milk over all until it can be seen at the side of the dish. Cook uncovered in a moderate oven for $\frac{1}{2}$ hour. Then cover and continue cooking until potatoes are cooked. Cooked potatoes may be used to save cooking time. If desired cheese can be sprinkled on every layer.

Mrs. ARMITAGE, 30, Granny Lane.

SAVOURY POTATO PUFFS.

$\frac{1}{2}$ lb. Mashed Potatoes
 2 ozs Flour
 Pepper and Salt
 1 Dried Egg
 Some Cold Meat.

Mix the dried egg and flour together, adding salt and pepper, blend together with potatoes to a dry dough, roll out a quarter of an inch thick cut into rounds. Place small piece of cold meat on each, moisten edges, then fold over and press firmly, fry till golden brown.

Mrs. HOYLE.

POTATO CAKES.

$1\frac{1}{2}$ ozs. Margarine or Dripping
 4 ozs. Self-raising Flour
 4 ozs. Mashed Potatoes
 1 oz. Sugar
 1 Dessertspoon Milk

Rub fat into flour, add other ingredients, mix to stiff paste. Roll out $\frac{1}{4}$ inch thick, grease tin, moderate oven about 20 minutes. (Serve hot with a little butter).

Mrs. BUTLER, Boat House Lane.

CHEESE DISH.

2 ozs. Cheese (Grated)
 1 Large Breakfast-cup Mashed Potatoes
 1 Small Egg
 1 Tablespoon S. R. Flour
 Margarine (size of walnut)
 Pepper and Salt

Mix ingredients with beaten egg. Form into cakes, toss in flour, and fry in a little hot fat.

Mrs BUTLER, Boat House Lane.

SAVOURY SAUSAGES CAKES.

$\frac{1}{2}$ lb. Cold cooked Sausages 1 Tablespoonful Dried Egg
 $1\frac{1}{2}$ lbs. Potatoes A little Sage
 Made Mustard Salt

Peel, boil and mash potatoes and use when cold, mixed with dried egg and salt. Cut sausages in half, spread cut side with made mustard, and sprinkle with a little sage. Cover each piece of sausage all over with potatoe, make into neat shape. Egg and crumbs, and fry slowly in boiling fat. Serve with good thick gravy.

Mrs. E. S. WALKER, Grey Gables

ALMOND PASTE.

4 ozs. Soya Flour 3 ozs. Margarine
 4 ozs. Sugar 2 Teaspoons Essence of Almonds.
 3 Tablespoons of Water

Melt butter and sugar, add essence to water, and add to butter and sugar. Lastly add flour. Spread pastry with jam, put the mixture on top, bake until nicely brown. Cut into slices.

Miss WHITE, 12 Knowl Road.

RHUBARB AND PINEAPPLE JAM.

2lb. Rhubarb 2lb. Sugar 1lb. Tin Pineapple

METHOD—Cut pineapple and Rhubarb into small pieces, put into bowl cover with sugar, and stand overnight. Then boil until it sets like jelly.

S. A. CLARKSON

HOME MADE BREAD—A well tested Recipe.

$\frac{1}{4}$ stone Flour 1 Tablespoon Sugar
 $\frac{1}{2}$ oz. Salt 2 or 3 ozs. Lard
 $\frac{1}{2}$ oz Yeast

1 quart Water, or Milk and Water, Household Milk can be used to advantage.

Method—Have the milk and water luke-warm. Stir in the sugar and yeast and stand in a warm place. Mix lard and salt into flour, pour in the liquid and knead in the usual way, adding more water if too stiff, cover with cloth and leave to rise over-night. Next morning, make into loaves, allow to rise about half an hour, then bake in a moderate oven. The same quantity of yeast will be found sufficient for up to 5 lbs. of flour.

Mrs. HOYLE,

TO MAKE $\frac{1}{2}$ lb. BUTTER INTO 1lb.

$\frac{1}{2}$ lb. Butter 2 Teacupfuls Milk and 1 Saltspoonful of Salt

Beat the butter to a cream and add the salt, warm the milk and add gradually beating it well into the butter, set in a cool place to become firm.
Mrs. BENTLEY, 20, Granny Lane

CARAMEL TOFFEE.

1 Medium Tin of Swiss Milk 1 Cup of Sugar (large)
3ozs. Butter 1 Teaspoonful of Golden Syrup
1 Teaspoonful of Vinegar

Boil the butter and sugar, add the rest of the ingredients and boil all together for 20 minutes, stirring all the time.

M. THORNTON, "Cynwyd"

TOFFEE.

$\frac{1}{2}$ lb. Sugar 1 Teaspoonful Vinegar
1 oz. Butter 2 Tablespoonfuls Golden Syrup

Put into saucepan with 1 Tablespoonful water and boil quickly from 10 to 15 minutes or until it will become hard when dropped into cold water. Pour into shallow greased tin before allowing to cool.
Mrs. HARWOOD.

FOR HOARSENESS.

A small lump of Borax placed in the mouth and allowed to dissolve slowly will instantly relieve hoarseness or loss of voice.

Mrs. J. BEVERS, 21, King Street

TO MAKE FLY PAPERS.

Melt 4 ozs. Resin, 2 ozs. Treacle, 1 drachm. Venice Turpentine all together. When melted together, apply on sheets of stiff paper.
F. BEDFORD.

TO FROST GLASS.

Take equal parts: Sugar of Lead, Glaubers Salts, Epsom Salts. Dissolve in hot water and apply with a brush.
F. BEDFORD.

HAIR OIL RECIPE.

2 ozs. Oil of Sweet Almonds $\frac{1}{4}$ oz Spermaceti
Melt over the fire. Cool, and add a few drops of Oil of Bercamot.
F. BEDFORD.

LAVENDER WATER RECIPE.

$\frac{1}{2}$ pint of Spirits of Wine 2 ozs. of Orange Flower Water
2 drachms. of Oil of Lavender 2 drachms. of Essence of Musk
5 ozs. of Rose Water 6 ozs. Distilled Water
Mix all together. F. BEDFORD.

QUOTATIONS.

“True friendship consists not in the multitude of friends’
But in their worth and choice.”

Mrs. Armitage, 44, Greenside Estate

“TOO LATE.”

“How many go forth at morning,
Who never come home at night ;
And hearts are broken for harsh words spoken
That sorrow can never set right.”

Mrs. Armitage, 44, Greenside Estate

“Words and eggs must be handled with care
For words once spoken
And eggs once broken
Are not the easiest things to repair.”

Mrs. W. Crowther, 45, Greenside Estate

“Let’s weave a web of affection
Around the folks we’re near ;
With silken cords of tenderness,
Weave sympathy and cheer,
The greatest need of life is love,
Love that’s helpful, strong and pure,
That will comfort folk in sorrow,
Help them bravely to endure.”

Mrs. W. Crowther, 45, Greenside Estate

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